



December 7-13, 2015
Cycle 5

Food portions at breakfast and lunch will be served as required by the
Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



menu suggestions: Ocotillo Residence

****Please note: Items are subject to change based on availability without prior notice****

Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13
WW Breakfast wrap or WG Breakfast bar (ehc) Pineapple Orange juice Milk (salsa)	WG pancake (T) on a stick or WG french toast stick Banana Apple juice Milk (syrup)	WW english muffin (e/c/bacon) or WG breakfast bagel Peaches Orangerine juice Milk	WG banana loaf or WW bagel Pears Berry juice Hard cooked egg Milk (cream cheese)	WW chocolate chip muffin or WG maple waffle Mandarin orange sections Fruit punch Berry greek yogurt Milk (salsa)		
Tatertots casserole or Baked macaroni (ala ziti) Peas and carrots WG pizzastix Seasonal fruit Milk	Bacon cheeseburger on WW bun or Hotdog on WW bun Twister fries Coleslaw Tropical fruit mix Milk	Roastbeef on WW sub or Ham & cheese WW sub Steamed carrots coins Seasonal fruit Milk (grilled onions/lettuce/tomato slices/onion slices)	WW pizza sandwich or Smucker's PBJ sandwich Caesar salad Glazed carrot coins Strawberry gushers Milk	WG sopas (b/p/c) Seasoned pinto beans Mexicali corn Seasonal fruit Milk (lettuce/cheese/salsa)	Beef goulash Green beans Garlic breadstick Peaches Milk	Taco Seasoned pinto beans Spanish rice Sherbet Milk (lettuce/cheese/salsa)
Chicken tenders Twister fries Baked beans Pasta salad Seasonal fruit Milk	BBQ chicken drumstick or WG sea shape fish nuggets Baked beans Pasta salad Sidekicks BR/L	Beef fingers or Chicken nuggets Gravy covered fries Fruit rollup Milk	Baked chicken Mashed potatoes Mixed vegetables Seasonal fruit Milk (gravy)	Nacho fries (taco meat/ss fries/chili con carne/cheese sauce/jalapeno slices/lettuce/salsa/olive slices) Mexicali corn Ice cream Milk	Hawaiian haystack Fruit salad Fortune cookie Milk	WW reuben sandwiches Twister fires Corn on the cob Strawberry gushers Milk



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

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